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FUN FACT

A typical person eats about 66,000 pounds of food in a lifetime. That's the weight of approximately six African elephants! By comparison, each of those elephants can eat up to 300 pounds of food per day.



**Indiana
Department
of
Health**

Mission:
*To promote, protect,
and improve the health
and safety of all Hoosiers.*

Taking time to give thanks for the simple moments

Every year when November arrives, I pause for a moment. Like many of you, I find myself wondering where the year has gone and how we are suddenly in that final sprint of the year, with holidays and family events and the frenzied shopping that often accompany November and December.

I start to reflect on all that the year has held, count my blessings, and begin thinking about how I want the new year to look.

The hardest part of that can be looking ahead, especially when this pandemic has made it seem like we are all Bill Murray in "Groundhog Day." The days can all look the same, and it's hard at times to look forward to the possibilities ahead when we don't feel like we will emerge from the challenges of today anytime soon.

But we have much to be optimistic about. A year ago, our focus was on testing people for COVID-19, because we didn't have a vaccine. Yet in less than 12 months, more than 3.4 million Hoosiers have become fully vaccinated and are protected from COVID-19, and we are now able to protect Hoosiers ages 5 to 11 as well.

I know that is a huge relief for our staff who have elementary-aged children, because it means the end of quarantine for fully vaccinated children who are close contacts but don't become symptomatic. That has been a huge burden for working parents, and I hope that the availability of a vaccine for this population will signal more normal times ahead.

I know that the pandemic has taken a toll on all of you, regardless of whether you have been directly involved in the response. The holidays can also increase anxiety and tax our mental and physical health. That's why I continue to encourage each of you to find time for self-care. We had a fantastic turnout for our first Dog Days Friday and continue to see people join the mental health Lunch and Learns. Whether it's a quiet walk or giving a visiting pup a belly rub, the simple moments can make a world of difference in how we feel.

I wish you and yours a blessed Thanksgiving and am grateful for the heart you show for Hoosiers every single day.

Yours in health,

Kris



**Kris Box
MD, FACOG**



LEARNING

Managing your time

In this short course, author Todd Dewett, PhD, shares four time-management tips that can help everyone from busy executives to new employees get more out of their work day. Learn how to think differently about time management, embrace the "80 percent" rule, find your "Einstein Window," protect that window, and broadcast your availability to ensure others know when you'll be available. [Click here](#) to watch the 11-minute course.

Spotlight: Tami Barrett

Longtime executive assistant honored with public health scholarship in her name

On Wednesday, Nov. 10, one of the Indiana Department of Health's longstanding public servants was honored by the IU Richard M. Fairbanks School of Public Health with a scholarship established in her name.

The Tami Barrett Scholarship will support students at the FSPH pursuing a career in public health.

Dean Paul Halverson and the eight surviving health commissioners for whom Tami has worked attended an in-person and virtual celebration announcing the scholarship.

Halverson called Barrett an "influential force" in her work with IDOH and the Indiana Environmental Health Association and said the scholarship will honor that legacy by helping future generations become trained as public health workers.

"Throughout nine state health commissioners, there has been only one executive assistant, and that is Tami," Halverson said. "People have donated to this scholarship in Tami's name – not just the former health commissioners, but people you have touched. You are an influential factor in their lives," he told Barrett while presenting a plaque honoring her service.

Former commissioners Judy Monroe, Greg Wilson, Greg Larkin, William Van Ness, Richard Feldman, Jerome Adams and Loren Robertson joined Dr. Box in recognizing Barrett's organizational skills, guidance, unparalleled energy, and dedication to the people of Indiana, calling her the crown jewel of the agency and an example of servant leadership.

"Since I left Indiana, I've been looking for another Tami and can't find her," Dr. Monroe told Barrett. "They broke the mold when they made you."

Dr. Larkin reflected on how Barrett has served as house mother, central switchboard operator and coach for all the commissioners she has served.

"Every time she gets a new commissioner, she calmly educates us," he said. "I can't remember how many times I thought I had the world's greatest public health idea and Tami came in and closed the door and said, 'Dr. Larkin, I know that your name is on the stationery, but ...' and then I got her collective wisdom."

As the accolades rained down, Barrett, true to form, protested over all the fuss. She insisted that such honors are only awarded after people have died and demanded to know if the physicians in the room knew something that she didn't (don't worry, she's healthy as a horse!). As they assured her that the recognition was well deserved, she was rendered mostly speechless – a state that rarely occurs.

"This is all too much for me, but I appreciate it," she said.

Anyone interested in donating to the scholarship fund can do click [here](#) to donate through the My IU portal. A form will also be posted on the Nerve Center soon.



Indiana Department of Health executive assistant Tami Barrett, center, is joined by Dr. Box and former health commissioners Richard Feldman and Greg Wilson and IU Fairbanks School of Public Health Dean Paul Halverson, far right, at a presentation announcing the school's public health scholarship in her name. Former commissioners Judy Monroe, Greg Larkin, Jerome Adams, William Van Ness and Loren Robertson attended the celebration virtually.



IU Fairbanks School of Public Health Dean Paul Halverson presents Tami Barrett with a plaque commemorating the establishment of the Tami Barrett public health scholarship and recognizing her for her more than 40 years of service to nine state health commissioners.

Labor of Love hosts infant mortality conversations

It's a tall order for the Indiana Department of Health (IDOH): Reducing the rates of [infant mortality](#) in our state.

Doing so has long been a top priority for the agency. To that end, IDOH's Maternal and Child Health Division (MCH) is leading the charge, and nine years ago the division launched the [Labor of Love summit](#).

Eden Bezy, MCH director, has been with the event since its inception.

"It's been interesting to see this event evolve and grow," she said. "It began as a group of MCH grantees getting together and now is a marquee event for stakeholders throughout Indiana."

Back as an in-person event this year, the event had a new venue and a fresh buzz. Held at the remodeled Westin in downtown Indianapolis, the [agenda](#) was robust. Covering mainstay subjects like newborn screening and safe sleep practices, sessions also reflected current events and new topics, such as COVID-19 vaccine and pregnancy and birth equity. A year's worth of thought is put into that agenda, as an internal planning committee decides a theme, then a request for speakers goes out.

"The goal is to craft an agenda with a mix of clinical and community-rooted work," said Bezy.

The morning began in the grand ballroom, where attendees gathered to hear State Health Commissioner Dr. Kris Box lead a panel discussion titled "Reviewing the Data."

The afternoon's panel discussion, "The Lens of the Mother: Understanding How Community Birth Inequity Impacts Infant Mortality," included Ashley Rainey, MCH clinical director. The im-



Ashley Rainey



A full house turned out to learn about community conversations surrounding infant mortality during the 2021 Labor of Love infant mortality summit on Nov. 17.

portance of building trust within the minority community by ensuring diversity, equity, and inclusivity (DEI) was a takeaway for her.

"The most significant impact that IDOH can have on change is making a position statement regarding DEI," Rainey said. "We as a state must remain intentional about our efforts to close the gap in Black and brown people's outcome during and after pregnancy."

That intentionality is what Labor of Love summit is all about. This year's theme, "Every baby matters. Every mother matters. Every conversation matters. Every. One," was printed on promotional items throughout the Westin but was not just a marketing slogan. Conversations and connections were happening.

"We cannot do this alone," said Rainey. "Taking time to have these deliberate conversations is what will continue to build the trust in the communities throughout Indiana."

Although we've all gotten good at virtual meetings, face-to-face conversations have a richness that can't be replaced.

"It was energizing to be back with people," said Bezy. "I met people in person that I had only known virtually through [Microsoft] Teams screens."

The summit had approxi-



Panelists discuss birth equity through the mother's lens. The panel was facilitated by Dr. Michael Moxley, left, chief diversity, inclusion and health officer, Roper St. Francis Healthcare, Charleston, S.C.; Other panelists were (left to right) Ashley Rainey, IDOH Maternal and Child Health clinical director; Tony Gillespie, vice president of public policy and engagement, Indiana Minority Health Coalition; and Cara Veale, chief executive officer, Indiana Rural Health Association.

mately 500 registrants for the in-person event, and nearly 400 virtual attendees. Those who didn't make the trip to Indy were welcomed with a swag bag of goodies that took the trip to them, and many of the panels and break-out sessions were streamed live.

"This event lets us highlight the intersections of Maternal and Child Health and the other work happening in our agency," Bezy said. "Our work is tightly

joined with other health initiatives here."

When asked how she judges success of the event, she said it was encouraging to hear the benefits her own staff, as well as internal and external partners, got from the summit, and how the conversations impact the work they do on a day-to-day basis.

It seems like the event's tagline, "Together, we can start the conversations that impact change," was mission accomplished.

Dog Day Fridays bring stress relief, puppy love to IDOH staff



'Dog-stinguished' guest

Shelby was the first four-legged visitor to 2 North as the "therapy dog" program got underway Friday, Nov. 5 in 5T, and she proved to be a popular attraction. You can meet Shelby and some of her friends each Friday through Dec. 17. "Paws" your day and stop by between 3 and 4:30 p.m.

"Reset" with mind-body medicine session

A recent mind-body medicine session included more than 85 participants and generated positive feedback, the Indiana Department of Health's (IDOH) Health and Wellness Council said.

The program was such a hit, in fact, that it's been archived and is now available to watch online! [Office of Primary Care](#) practice coach Brent Anderson and Northern Regional [Child Fatality Review](#) coordinator Brent Skidmore helmed the approximately one-hour-long session, which was held in-person as well as streamed online for virtual participants.

The program teaches self-care skills that can help employees "reset" their minds and bodies to alleviate the impact of psychological trauma and stress. [Click here](#) to watch, and check your email for information on future sessions.



Donations still needed for Afghan evacuees

The state employees' donation drive to help Afghan evacuees temporarily housed at Camp Atterbury is continuing.

Drop off new (preferably in original packaging) items in the donation box located near the elevators on the first floor at 2 N. Meridian. Nearly half of the evacuees are children under the age of 14 who need your help.

As winter approaches, warm clothing is still being collected, along with a number of other important items:

- Umbrella strollers
- Men's shoes
- Women's shoes (sizes 6 and 7)
- Men's underwear and socks
- Men's and women's unbranded, modest clothing such as long sleeve t-shirts, underwear, pants, and jackets in sizes small to large (no shorts or tank tops)
- Children's clothing, including baby and newborn clothes, hats, and socks
- Powdered baby formula
- Socks, hats, shoes, and slide-on sandals (no flip-flops) for evacuees of all ages

Donated items may also be dropped off in the Indiana State Personnel Department lobby (room W161) in IGC-S or with the State Employees' Appeals Commission located in N103, IGC-N. Items are accepted at all locations between 8 a.m. and 4 p.m. Monday through Friday.

Anthem EAP is here to make life go right!



To access Anthem EAP online resources, visit www.AnthemEAP.com and click the Members Login button. The next page will ask you to enter your company name, **State of Indiana**. Click "Log In" to view available services.

Connect with a trained EAP representative by phone at 1-800-223-7723 (select option 1). The representative will then help you find a therapist who fits your specific situation, and will even assist you in scheduling your initial appointment.

Let's talk turkey

DNPA takes on holiday eating myths, offers tips for healthy meals

As we enter the holiday season, plentiful meals and quality time with family and friends are at the forefront of our minds.

Along with the joy and excitement may come some worry about maintaining health and wellbeing. Use this article as guidance to avoid holiday season myths and arm yourself with positive health practices to keep your wellbeing in check throughout the coming months.

Myth #1: I need to prepare my body for a big meal by not eating in the hours beforehand.

Wellness tip: Your body deserves nourishment whether you will be enjoying a large meal or not. Restricting yourself throughout the day can lead to mood swings and cravings. Once you do get to eat, you may eat to the point of discomfort as a result of the restriction. Start your day with fruits, vegetables, protein, and fiber.

Myth #2: I need to exercise before and/or after a large meal to make up for the extra calories.

Wellness tip: Food does not need to be earned through exercise. If you feel that your body needs movement after a large meal, pack your comfortable shoes for a family walk or outdoor activity!

Myth #3: So much food is wasted

during the holidays, so I need to be sure to finish my plate.

Wellness tip: Respect your body and its hunger cues. Start off with a little bit of all your favorite foods and add more to your plate if your body is still hungry after waiting for a few minutes in between servings.

Myth #4: I need to avoid my favorite holiday drinks to avoid the extra calories.

Wellness tips: Depriving yourself of your favorite holiday drinks can make the celebrations less enjoyable. Drinking water in addition to holiday favorites can ensure your body is receiving the necessary nutrients.

There is not a simple solution or "right way" to enjoy the holiday season. During this time, food is still a way to fuel your body and physical activity is still a way to provide your body with love and respect through movement. Fixating on calories and the type of foods during this season can lead to restrictive cycles that can be damaging. Rather, this is a time to enjoy the company of those who might not always be at your dinner table or the memory of those who are missed. Keeping the larger meaning behind the holidays in mind allows us to be more mindful and connect through a common joy - food.



Nutritious holiday recipe: Grandma's stuffing

Ingredients:

- 10 cups whole wheat bread cubes (or white bread or buns, dry)
- 1/3 cup water
- 1/2 cup onion (chopped)
- 1/2 cup celery (chopped)
- 1 teaspoon parsley, dried (or 1 Tbsp fresh parsley chopped)
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 1/2 cups milk
- 1 egg (lightly beaten)
- 2 apples (optional - medium, pared, cored and chopped, or 1/4 cup raisins)

Directions:

- Wash hands with soap and water.
- Preheat oven to 350 degrees.
- Put cubes in a large bowl. Set aside.
- Put water in medium saucepan. Add onion, celery, parsley, salt and pepper. Cook for 5 minutes. Do not drain. Pour over bread cubes.
- Stir in milk and egg. Gently stir in apples, and raisins, if desired.
- Spoon into a greased 2-quart baking dish. Bake 1 hour at 350 degrees

Share your story!

Do you have a story to share for an upcoming edition of Pulse? Tell us! Contact us at brown@isdh.in.gov to share your story ideas and photos.

Let us know about the great things your division or commission is doing each day to help keep the Hoosier State a great place to live, work and play!

Please welcome the following:

Anita Hatfield—Finance
 Ingry Bahena—HIV/STD/Viral Hepatitis
 Raine Higham—Acute Care
 Mary Weber—ERC
 Luke Jessee—Emergency Preparedness
 Jason Smith—HIV/STD/Viral Hepatitis
 Jessica Thomas—Acute Care
 Eric York—Laboratories
 Rhonda Sexton—Long-Term Care
 Damon Bass—Emergency Preparedness
 Shannon Roberts—Finance
 Leslie Washington—Finance
 Carolfae Weismiller—Long-Term Care

Staffing updates

Jessica Rivera—Long-Term Care
 Jaclyn Capes—Laboratories
 Annette Vaughan—Vital Records
 Britney Gentry—Long-Term Care
 Erica Lose—Long-Term Care
 Kayla Whitaker—CDHHE
 Timothy Conley—Tobacco Prevention
 Erika Casso—OPHPM
 Lina Thrasher—Chronic Disease
 Karolina Perschbacher—Laboratories
 Carla Cly-Williams—Immunization
 Kayla Stradford—Vital Records
 Nicole Wafford—Complaint & Incident
 Blaire Viehweg—Office of the Commissioner



DARTT helps address Hoosiers' health data gaps, inequities

COVID-19 highlighted the importance of addressing health disparities for Hoosiers.

Health disparities are health differences closely linked with social, economic or environmental disadvantage and can be reflected in access to treatment, length and quality of life, and rates of disease and death. Understanding and addressing these health disparities is critical to promoting health equity in Indiana.

The Indiana Department of Health (IDOH) places health equity at the center of its work to ensure that every Hoosier has access to social and physical supports needed to promote health for a lifetime. Data is critical in helping IDOH achieve its goals of promoting health equity and providing evidence of the links between health, equity and policy. Furthermore, effective data analysis can enable active pursuit and intervention in the root causes of health inequity.

One focus of DARTT (Data, Analytics, Reporting, and Technology Transformation) is addressing gaps in data collection and quality to utilize the vast amounts of data available and drive effective analysis. As an example of a gap in data, a program area was found to have a significantly high percentage of race (28 percent) and ethnicity (36 percent) values unknown or missing.

Additionally, inconsistencies exist across systems in how race, ethnicity, and other equity-related data elements are captured. Missing data, system inconsistencies, and uncertainty about the quality of these data elements impedes the agency's ability to leverage this data and drive informed decision-making with respect to health equity throughout the state.

In a step to improve data collection and quality, the agency is documenting the data variables captured in various systems, along with the completeness and quality of the data, using an Enterprise Data Catalog program. Documenting this information will provide the agency better insight into where these gaps in equity-related data collection exist and will assist in defining and prioritizing health equity efforts for the agency moving forward. In addition to documenting the available data, the agency is assessing the data request and review process in order to improve access to data for both internal and external parties.

These efforts continue to grow with the improvement of IDOH's internal processes, policies, and procedures, all for the purpose of reducing avoidable health inequities and disparities.

Share your thoughts!

The Data, Analytics, Reporting, and Technology Transformation (DARTT) team wants to hear from you! You can share your thoughts at the [suggestion eBox](#), or reach out directly to the team by contacting Bob Davis at rodavis@isdh.in.gov, and/or Mohan Ambaty at mam-baty@isdh.in.gov.

It's time for the annual IDOH Holiday Challenge!



Join the IDOH holiday challenge and get started on having a holly-jolly (and healthy) holiday season.

Can you believe it's already time to start gearing up for the holiday season?

Each year, the Health and Wellness Council (HWC) puts on the Indiana Department of Health (IDOH) Holiday Challenge to encourage and support healthy decision-making throughout holidays. **This year's challenge begins Monday, Nov. 29, and runs through Dec. 31.**

For many Hoosiers, having a happy holiday means putting healthy nutrition, physical activity, and other lifestyle habits on hold. This can result in weight gain, fatigue, bloat and stress. Some people gain five or more pounds over the holiday season — and most don't lose that weight quickly, if at all.

Worse yet, maintaining an unhealthy lifestyle can contribute to several chronic diseases, including heart disease, diabetes, hypertension, and some forms of cancer.

During this challenge, you pick what you want to focus on, and you can switch it up as often as you'd like. Participants will receive weekly motivational emails, along with tips and education. Your only responsibility is to focus on your habit of choice and submit tracking sheets each week.

These sheets are kept confidential and are deleted/shredded once we have marked your participation. Categories include nutrition, water intake, physical activity, stress relief, weight maintenance, sleep, or all of the above!

Participation is \$5, and the winner gets to donate the money to their charity of choice. All IDOH employees, including field staff and contractors, are eligible to participate.

To register for the IDOH Holiday Challenge, [click here!](#)

If you have questions, email the HWC at healthandwellnesscouncil@isdh.in.gov and cc Sara Caudell (scaudell@isdh.in.gov).

IDOH diabetes team works to promote awareness, prevent disease in Hoosiers all year long

With November recognized as [National Diabetes Month](#), the Indiana Department of Health's (IDOH) [diabetes program team](#) is continuing its work to help Hoosiers lead healthier lives.

Team members Laura Heinrich (program director), Judi Williams (diabetes education coordinator), Jessica Krohn (diabetes evaluator), Michael Ramey Jr. (diabetes epidemiologist), Teirra Riggs (diabetes prevention coordinator) and Margaret Krizic (CVHD intern) took time to discuss their work during this month of awareness.

Pulse: With November recognized as National Diabetes Month, how does your programming change?

Diabetes team: IDOH has developed a Diabetes Awareness toolkit that we send out to partners and we also post it to the IDOH diabetes home page. This toolkit was developed to provide education about diabetes and the resources available to Hoosiers with prediabetes or diabetes. This toolkit is extended to external partners, who are then encouraged to share facts and statistics about diabetes, prevention, and education to patients in their care settings. There are daily facts that companies and organizations can share with their constituents and verbiage for all types of social media platforms. We also recently hosted a lunch and learn with the Indiana Department of Environmental Management. This presentation highlighted each component of diabetes, [risk factors](#), and how one can better care for themselves. We concluded the presentation with our own Family Feud-style game! It was a great way to engage and ensure that the information was clear and concise, and it generated great discussion within the network.

Pulse: How does your section spread awareness of diabetes to Hoosiers, and how does that awareness impact



Teirra Riggs

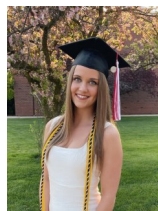
diagnosis of pre-diabetes or Type II diabetes?

Diabetes team: Our diabetes program within the [Cardiovascular Health and Diabetes Section](#) periodically conducts a social media awareness campaign to increase awareness of prediabetes. IDOH is looking to conduct another awareness campaign targeting physician offices for diabetes and prediabetes. A second piece of the campaign will be social media focused. We also spread diabetes awareness through promoting the [Diabetes Prevention Program](#) (DPP) and [Diabetes Self-Management Education Support](#) program. These opportunities encourage Hoosiers to get screened for diabetes and to receive support for preventing or managing diabetes.

Pulse: How has the COVID-19 pandemic impacted your work?

Diabetes team: COVID has delayed or caused many organizations to cancel their diabetes and prediabetes programming. Some organizations were able to convert their in-person programming to virtual. Due to this need for additional virtual capabilities, IDOH is in the process of contracting with a virtual Diabetes Prevention Program (DPP) that will be available to all current organizations that host in-person DPP programming. This program has been tailored to Indiana and is entitled [Inspire Health](#). IDOH has also awarded funds to three organizations to utilize tablets to deliver virtually either the diabetes self-management education and support program (DSMES) or the diabetes prevention program (DPP) to individuals without this computer capability.

Krohn: COVID-19 has made our work challenging, as we have seen many partners pause or drop diabetes-related activities and classes, lose essential staff, and turn their focus to COVID-related projects.



Jessica Krohn

Pulse: What is a typical work day like for you? What do you like most about your job?

Heinrich: I like working with staff and partners to increase the availability of diabetes and prediabetes information to people in the state.

Krohn: A typical work day includes internal staff meetings, meetings with external partners, and assisting the diabetes team in evaluation needs. My favorite part of my job is coming to the office and seeing my wonderful coworkers.

Ramey: A typical day as the diabetes epidemiologist varies by week. I typically attend various virtual meetings, webinars and trainings. I also create and/or update fact sheets and analyze diabetes trend data within Indiana.

Williams: My day is filled with meetings, connecting with partners, assisting sites with their technical needs at it relates to DSMES. I am new to my role and am in the process of meeting people and understanding what they need and how the state can help them. I really enjoy my team and their dedication to this work and people impacted by diabetes. I have the best supervisor in Laura Heinrich, who is a wealth of knowledge for us all and trusts her team to do the work they were hired to do. I also like that I am serving in a position to assist people in their daily life as they navigate diabetes – this is most rewarding for me.

Riggs: Whether it was in the comfort of my own home and more recently in the office, hearing the Microsoft Outlook email notification is how my day typically begins. My day consists of emails, communication with sites across the state of Indiana who affiliate with DPP, providing technical assistance where I am able. I am part of a couple of collaborative partnerships and participate and engage in team meetings often. My supervisor, Laura, is the best. She is flexible, understanding, and allows me to work freely and autonomously. I enjoy the teamwork approach my section has and how we all mesh well together. We complete tasks, are creative thinkers, and are trailblazers.

OPHPM seeks input from staff on future skill-building trainings

The Office of Public Health Performance Management (OPHPM) is planning learning activities around quality improvement, performance management, accreditation and workforce development for the upcoming year.

It is important to the OPHPM team members that they are developing activities that are of value to all Indiana Department of Health employees.

To help the team identify what topics to address, please select the topics you are most interested in [here](#). This form will close Friday, Dec. 17.

LEADERSHIP **at all levels**

— IDOH - Building Agencies of Leaders

'Resilient' 29 graduate LAAL Silver Course

It took a bit longer than expected, but the latest Leadership at All Levels Silver Course graduates finally had their moment in the sun.

Deputy State Health Commissioner and State Epidemiologist Pam Pontones addressed the group during a short ceremony in Adams Auditorium at the Indiana Department of Health Central Office on Nov. 16, complimenting the "resilience and perseverance" of the group, which continued the course despite a lengthy delay caused by the COVID-19 pandemic.

In all, the class included 29 state employees representing eight different state agencies: Indiana Finance Authority, Indiana Department of Environmental Management, Indiana Gaming Commission, Indiana Department of Health, Indiana Department of Child Services, Indiana Public Retirement System, Office of Utility Consumer Counselor, and the Family & Social Services Administration.

Many of those who completed the most recent session attended the graduation ceremony and were able to receive their certificates in person.

State Health Commissioner Dr. Kris Box addressed the group as well and said she credits leadership skills she's learned throughout her career with helping her lead the Indiana Department of Health (IDOH).

Dr. Box encouraged the group to be confident in their leadership abilities.

"Don't be afraid to step up and to lead," she said.

She also emphasized the importance of active listening, noting that more can be learned by listening closely to others rather than hearing what is said only in preparation to respond. Her words echoed a famous quote attributed to legendary guitarist Jimi Hendrix: "Knowledge speaks, but wisdom listens."

Pontones congratulated the group and reiterated how overcoming the challenging experience that interrupted the course for several months was a testament to their commitment to the program – and the mark of good leaders.

"I just want to say how proud I am of you," she said.

Pontones also lauded the work of IDOH's Shawn Pence, Patricia Truelove and Curtis Warfield for helping make the program a success. The Gold Course sessions are set to begin in January and April 2022.



Leadership at All Levels 2020-2021 Silver Course graduates represented eight different state of Indiana agencies. The graduates were honored with a graduation ceremony headed by Deputy Health Commissioner and State Epidemiologist Pam Pontones on Tuesday, Nov. 16, in Adams Auditorium at the IDOH Central Office. State Health Commissioner Dr. Kris Box also spoke at the program.

The 2020-2021 Leadership at All Levels Silver Course graduates are Lori Bebinger, Katie Blackburn, Angie Brown, Rita Browne, Josie Conrad, Haley Faulds, Lori Freeman, Jana Gach, Aaron Green, LeVelle Harris, Jessica Hayden, Alyce Klein, Thomas Kreke, Denise Lakatos, Caleb Loveman, Sarah Merritt, Mark Nance, Namrata Patel, Robyn Raftis, Carol Raney, Jennifer Reno, Olivia Rivera, Tamara Rollins, Shane Schmidt, Danae Schneck, Lindsay Smith, Emma Smythe, Britton Stucker, Clinton Walker and Amy Willoughby.

Hoosier S.T.A.R.T. to talk retirement on Nov. 30

[Hoosier S.T.A.R.T.](#) will host an important webinar at noon Tuesday, Nov. 30 titled "Your Journey to Retirement: What to consider at each stage of your career."

This group webinar will discuss what to consider no matter where you are on your retirement journey. Whether you are new to the workforce, mid-career, or just few years or months

from retirement, the webinar will identify your next steps to help you reach your retirement goals.

Register [here](#).

If you are unable to attend the group webinar, feel free to schedule a one-on-one appointment with Kimberley Rumble [here](#).



Kristy Holzhausen

GUESS WHO I MET ON THE ELEVATOR?



Title: Administrative Assistant, Epidemiology Resource Center

Brief Job Description: Duties include providing administrative and building liaison support for the Epidemiology Resource Center in its service to citizens of Indiana; receiving incoming calls to the ERC/Infectious Disease Epidemiology Division; distributing incoming faxes; sending out-of-state faxes to appropriate state health departments; serving as safety and building management liaison for Selig 7 ERC staff; processing car reservations and rentals and conference rooms/lines reservations for ERC staff; submitting on- and off-boarding forms as well as relocation, transfer, and promotion forms in SharePoint.

Time at IDOH: 28 years (I've been with the state since Feb. 9, 1987 - 35 years next February!)

What do you like most about working at IDOH? I am most appreciative of the friends I've made throughout the years. I've met so many wonderful people that have been such a blessing to me. I have also been blessed to work for many wonderful supervisors. I appreciate the many trainings that have been available to me since I started. My supervisors have encouraged me to take the trainings I needed or wanted. I really enjoyed Leadership at all Levels. I believe every employee should take advantage of that training. I work in the Epidemiology Resource Center (ERC), and I truly enjoy my job. I have done A LOT of data entry, which I thoroughly enjoyed. It's one of my favorite things to do. The ERC is like a big family. We work hard, but we find time to have fun, too. There's no place else I'd rather work than in the ERC.

Other information: I'm retiring next year and I can't wait; however, I am grateful for the friends I've made along the way. Many of those friendships will continue throughout the years.

Keys to SuccessFactors: Stay up to speed on PeopleSoft Financials

SuccessFactors is the state of Indiana's portal for hiring, learning — and so much more. It's easy to use, intuitive to navigate, and available 24/7.

But did you know that SuccessFactors contains a wealth of tools to help Indiana Department of Health employees learn about PeopleSoft Financials, the state's comprehensive system of record?

Valuable learning opportunities are available at in.gov. Click on "[State Employees](#)" on the main page. From there, select "SuccessFactors" from the menu (it's on the left side under "Account Management"), enter your email or PeopleSoft ID when prompted, and you'll be taken to your landing page.

Click on the "Home" drop-down menu and find the "Learning" tab. Click it to be directed to your Learning page. Once there, look under the "Find Learning" box for the "Browse all courses" link. Click there and then scroll down to find a library of PeopleSoft Financials courses (they're listed under the IT banner) that

will help you become a PeopleSoft Financials wizard!

IDOH Chief Financial Officer Adam Novotney said employees should start with the intro course, which you can find [here](#). The first course takes only about an hour to complete and gives a high-level overview of PeopleSoft Financials, but that's just the tip of the iceberg. There are dozens of courses that can help you learn the answers to frequently asked questions and much, more. Note that the introductory course is a pre-requisite to further courses.

Novotney believes there are many benefits to the introductory course.

"It will teach you the basics — the ins and outs of PeopleSoft Financials," he said. "It's information at your fingertips, and it's incredibly easy to use."

If you have questions, email Adam at ANovotney1@isdh.in.gov.

Bryan Price leaves legacy of dedication



Deputy Health Commissioner Pam Pontones (left) and Public Health Veterinarian Jen Brown presented Bryan Price with a certificate of appreciation honoring his work.

Bryan Price, who spent 13 years leading IDOH's efforts to protect Hoosiers from vector-borne illnesses, such as West Nile virus and Eastern Equine Encephalitis, retired late last month, leaving a legacy of dedication to Hoosiers for others to follow.

During his retirement celebration, Price noted that he had held just four professional positions in his career.

"It wasn't until I came to IDOH that I realized this was where I was supposed to be all along," he said.

Jen Brown, public health veterinarian, hailed Price as someone who focused on the people who were impacted, not just the disease or its cause. She recalled how Price stayed in touch with the family of a child who died of La Crosse virus disease, which is caused by a rare mosquito-borne infection.

Lee Green has taken over Bryan's role as Zoonotic & Vector-Borne Disease epidemiologist.

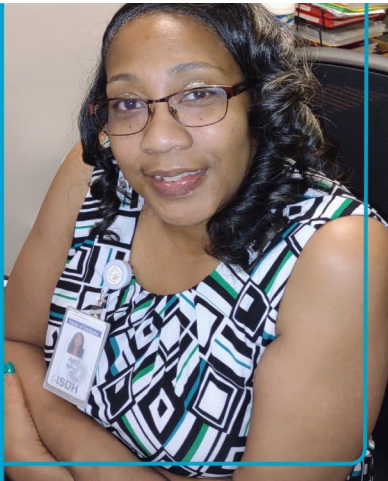


**Epidemiology
Resource Center
(ERC)**

Stevens, Downs share Shield Spotlight



SHIELD SPOTLIGHT
NOVEMBER 2021



April Stevens

Financial Eligibility Section Manager
Children's Special Health Care Services Division

I am so thankful! It means a lot to me to be recognized by my peers. The people I work with everyday are amazing! I am so lucky to work with such a great team of people who are passionate about helping Hoosier families who have children with special needs!!

April Stevens of the Children's Special Health Care Services division and Lindsey Downs of Indiana WIC/TEFAP are November's Shield Spotlight nominees.

April, financial eligibility section manager, was nominated by Kim Cannaday for the Award of Excellence.

"I am nominating April for her commitment and dedication to CSHCS," said Kim. "She has stepped into [the role of] interim director while managing her section as well."

Cannaday described Stevens as "a great mentor" due to her knowledge and experience of the program.

"She is always there for whomever needs her guidance and support," she said. "I would like to commend April on doing a phenomenal job and as a leader that we can all look up to."

At the time April was nominated, she was pulling double duty as interim director and financial eligibility section manager, but she didn't miss a beat.

"I have been with the IDOH/Children's program for 22 years,"

Stevens said. "I have worn several hats around the division. I'm truly blessed to work with such great people and for a great program that provides supplemental medical coverage to help families of children who have serious chronic medical conditions."

Downs was nominated for a Team Player award by her colleague, Tori Harvey.

Tori explained that Lindsey moved back to her hometown of Plymouth during the 2020 holiday season to help with vaccination appointments.

"She was scheduled to work maybe two weeks but stayed over three weeks," Harvey said, noting that Lindsey's trips back to Indy were essentially just to check on her home. Downs worked weekends during this time as well. Through it all, Lindsey's top-notch customer service never wavered.

"Lindsey never complained and only asked, 'What else do you need me to do?'" said Tori. "She is a true team player."



SHIELD SPOTLIGHT
NOVEMBER 2021



Lindsey Downs

Vendor Consultant
Indiana WIC/TEFAP Division

I really appreciate working with and learning from everyone on the WIC team. Considering everyone's different perspective helps me best serve our WIC clinics and families.

Let your light shine!

Do you know someone like April or Lindsey who deserves special recognition? Head to the [Shield Spotlight form](#) and nominate someone today! You can nominate an individual or a team for any of the following honors: Award of Excellence, Team Player Award, Personal Achievement Award, Customer Service Award, or a Workplace Milestone.